



Approved Food List

Missouri WIC
Effective October 2018

Milk

Milk

- Any brand (store brands recommended)
- Quart, half gallon, gallon
- Nonfat (skim), low-fat ($\frac{1}{2}\%$, 1%)
- Reduced fat (2%), whole



Nonfat Dry Milk

- Store brand
- 1 lb 9.6 oz or 25.6 oz package (makes 8 quarts)



Lactose Free Milk (where available)

- Any brand
- Half gallon
- Nonfat (skim), low-fat ($\frac{1}{2}\%$, 1%)
- Reduced fat (2%), whole
- Plain or unflavored

Evaporated Milk

- Store brand
- 12 oz can
- Nonfat (skim), whole



Cultured Buttermilk

- Any brand
- Quart

Goat Milk (where available)

- Meyenberg brand
- Whole evaporated (12 oz can)
- Nonfat powder (12 oz can)



Not Allowed:

- | | |
|--|------------------------|
| • Extra skim | • Milk substitutes |
| • Filled milk | • Organic |
| • Flavored | • Raw or unpasteurized |
| • Glass bottles | • Sweetened condensed |
| • Milk beverages made from nut, coconut, rice, oat, other grains | • Vitamite |

8 oz = 1 cup
 16 oz = 1 pound
 32 fluid oz = 1 quart
 64 fluid oz = 1/2 gallon
 128 fluid oz = 1 gallon

Soy Milk, Cheese, Tofu

Soy Milk

Allowed:

- Half gallon

Silk

Original

Great Value

Original

8th CONTINENT SOYMILK

Original, Vanilla

Not Allowed:

- Artificial sweeteners
- Flavors other than vanilla
- Light
- Organic

Domestic Cheese

Allowed:

- Store brand
- 8 or 16 oz block or shredded
- Fat-free or low-fat
- Sliced American cheese, not wrapped individually
- Domestic cheese only:
 - American
 - Brick
 - Cheddar - all varieties
 - Colby, Colby Jack, Monterey Jack
 - Mozzarella (part skim or whole)
 - Muenster
 - Provolone
 - Swiss
- Marbled or blends of approved cheese varieties are authorized



Not Allowed:

- Added flavors (peppers, wine, smoke flavoring, etc.)
- Cheese additives
- Cheese food products, spreads
- Crumbled, cubed, grated, string
- Cholesterol-reduced
- Deli cheese or deli slices
- Imported
- Individually wrapped slices
- Organic
- Queso blanco, Queso fresco
- Sliced cheese except for store brand American

Tofu

Allowed:

Azumaya

Firm Tofu (16 oz)



Silken Tofu Organic (16 oz)

Yogurt

Allowed:

- 32 oz container



Low-fat

Strawberry, Vanilla

Nonfat

Plain



Low-fat

Plain, Vanilla



Low-fat

Blueberry, Peach, Plain,
Raspberry, Strawberry,
Vanilla

Fat-free

Plain



Low-fat

Blueberry, Peach, Straw-
berry, Strawberry Banana,
Vanilla

Nonfat

Plain, Vanilla



Low-fat

Plain, Strawberry, Vanilla

Fat-free

Plain

Not Allowed:

- Added mixed-in ingredients
- Greek
- Organic



Low-fat

Strawberry, Vanilla

Nonfat

Plain



Low-fat

Plain, Strawberry,
Strawberry Banana, Vanilla

Nonfat

Light & Fit Strawberry,
Light & Fit Vanilla, Plain



Low-fat

Peach, Strawberry,
Strawberry Banana, Vanilla

Nonfat

Plain, Vanilla



Low-fat

Plain, Vanilla

Nonfat

Lite Strawberry, Plain



Low-fat

Harvest Peach, Strawberry,
Strawberry Banana, Vanilla

Nonfat

Plain

Eggs

Allowed:

- Any brand
- 1 dozen carton
- Large, white, grade A or AA



Not Allowed:

- Brown
- Cage free
- Eggs with enriched levels of omega 3 fatty acids, vitamins, minerals
- Fertile
- Low cholesterol
- Organic
- Other specialty

Peanut Butter

Allowed:

- Store brand
- 16-18 oz container
- Creamy, crunchy, regular, smooth



Not Allowed:

- Low-fat
- Mixtures with chocolate, honey, jams, jellies, marshmallows, etc.
- Natural
- Organic

Canned Beans

Allowed:

- Bush's Best brand
- Butter beans, fat-free refried beans, garbanzo beans, kidney beans, navy beans, pinto beans, red beans
- 16 oz can
- Low or reduced sodium



Not Allowed:

- Baked
- Organic
- Mixed
- Seasoned

Dry Beans, Peas, Lentils

Allowed:

- Store brand
- 16 oz package
- Any variety of plain or dry

Not Allowed:

- Organic
- Seasonings or flavors

Cold Cereals

Always Save



Best Choice



Dierbergs



Essential Everyday



Whole Grain

Cold Cereals

Great Value



Hy-Top



Hy-Vee



Whole Grain

Cold Cereals

Cold Cereals

IGA



Kiggins/Save A Lot



Kroger



Ralston



Whole Grain

Cold Cereals

Schnucks



Valu Time



Whole Grain

Cold Cereals

The Many

Ways to

Buy

36

Ounces of

Cereal

Mix & Match

TIP

$$12 \text{ oz} + 12 \text{ oz} + 12 \text{ oz} = 36 \text{ oz}$$

$$12 \text{ oz} + 24 \text{ oz} = 36 \text{ oz}$$

$$18 \text{ oz} + 18 \text{ oz} = 36 \text{ oz}$$

Hot Cereals

Best Choice



Cream of Rice



Gluten Free

Cream of Wheat



Essential Everyday



Great Value



Hy-Top



Hy-Vee



IGA



Kroger



Malt-O-Meal



Ralston



IGA



Schnucks



Whole Grain

- Approved sizes: 11.8/12 oz to 36 oz
- Mix and match types and sizes up to the total ounces

**Never sell, trade, or give away
WIC foods!
This is considered fraud.**

Bread

Allowed:

- 16 oz package
- 100% whole wheat or whole grain

Best Choice.



Whole Wheat Tortillas

Allowed:

- 16 oz package

Best Choice.



Corn Tortillas

Allowed:

- 16 oz package
- White or yellow soft corn

Best Choice.



Whole Wheat Pasta

Allowed:

- 16 oz package
- Any shape

Not Allowed:

- Added sugars, fats, oils, salt
- Organic



GIA RUSSA®
SPECIALISTA IN ALIMENTI ITALIANI DAL 1948

Great Value



HyVee



RACCONTO

RONZONI
Healthy Harvest
100% Whole Grain



Brown Rice

Allowed:

- Store brand
- 16 oz package
- Long, medium, short grain

Not Allowed:

- Instant
- Organic



100% Juice - For Women

Allowed:

- 11.5 -12 oz frozen concentrate



Apple, Orange



Apple, Orange



Apple, Grape, Orange



Apple, Grape, Orange



Apple, Grape, Orange



Apple, Orange



Apple, Orange



Apple, Grape, Orange, Pineapple



Apple , Apple Cherry,
Apple Cranberry, Apple
Kiwi Strawberry, Apple
Passion Mango, Apple
Raspberry, Apple Strawberry
Banana, Berry Blend,
Blueberry Pomegranate,
Cherry Pomegranate,
Cranberry Blend, Cranberry
Pomegranate, Cranberry
Raspberry, Grape, Orange,
Pineapple, Pineapple
Orange, Pineapple Orange
Banana, White Grape



Apple, Orange



Orange



100% Juice - For Women

100% Juice - For Children

Allowed:

- 64 oz container (half gallon)

Not Allowed:

- Organic
- Juice cocktails



Apple, Grape, Orange



Apple, Grape, Pineapple, Tomato, Vegetable, White Grape



Vegetable



Apple



Apple, Grape, Orange, Pineapple, Tomato, Vegetable, White Grape



Apple, Cranberry Grape, Grape, Orange, Tomato, Vegetable, White Grape, White Grape Peach



Apple, Grape, Orange, Pineapple, Tomato, Vegetable, White Grape



Apple, Cranberry Apple, Cranberry Raspberry, Grape, Just Juice Apple, Just Juice Berry, Just Juice Grape, Orange, Pineapple, Tomato, Vegetable, White Grape



100% Juice - For Children



Apple, Grape,
Orange, Pineapple,
Tomato, Vegetable,
White Grape



Apple, Apple Raspberry, Berry,
Cranberry Apple, Grape, Kiwi
Strawberry, Orange, Orange
Tangerine, Peach Apple, Strawberry
Banana, Strawberry Watermelon,
Tropical, White Grape



Apple, Grape, Orange,
Pineapple, Vegetable,
White Grape, White
Grape Peach



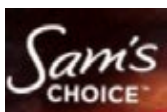
Apple, Apple Berry Cherry, Apple
Cranberry, Apple Grape, Apple
Orange Pineapple, Apple Peach
Mango, Grape, Orange, Pineapple,
Pineapple Orange, Tomato,
Vegetable, White Grape



Apple, Apple Cherry,
Apple Mango, Apple
White Grape



Apple, Apple Cranberry, Berry Blend,
Black Cherry Cranberry, Blueberry
Pomegranate, Cherry Pomegranate,
Cranberry Pomegranate, Grape,
Kiwi Strawberry, Orange, Orange
Tangerine, Peach Mango, White
Grape



Apple



Apple, Grape, Orange,
Pineapple, Tomato, Vegetable,
White Grape



Orange



Apple, Grape, Orange

Fruit

Fruit

Allowed:

- Any brand and variety of whole or cut, fresh or frozen fruit
- Mixed fruits
- Fruit packed in juice or with added fruit juice concentrate, artificial sweeteners, or water
- Organic

Not Allowed:

- Containers less than 5 ounces
- Salad bar or deli servings
- Dried or canned fruit, or fruit roll ups
- Added sugars*, salt, caramel, chocolate, or yogurt
- Fruit baskets or party trays
- Added ascorbic acid (in addition of a flavor solution) sold in the refrigerated case
- Nuts or fruit-nut mixtures
- Ornamental or decorative fruit
- Frozen smoothie mixes

*Added sugars include: corn syrup, dextrose, high-fructose corn syrup, honey, maltose, maple syrup, and sucrose.



Healthy Hints

- Depending on their age, children can help shop for, clean, peel, or cut fresh fruit.
- Top cereal or yogurt with bananas or other fresh fruit. Add blueberries to pancakes.
- Use fruit as part of afternoon snacks.
- Buy fresh fruits in season when they cost less.

Vegetables

Allowed:

- Any brand and variety of whole or cut, fresh or frozen vegetables
- Bagged lettuce, head lettuce, and salad greens
- Fresh garlic and fresh ginger
- Frozen beans and peas
- Plain or steamable vegetables and mixed vegetables
- Regular or lower-in-sodium frozen vegetables
- Organic

Not Allowed:

- Containers less than 5 ounces
- Salad bar or deli servings
- Herbs or spices other than fresh garlic and fresh ginger
- Vegetable baskets or party trays
- Added sugars*
- Added salad dressings, cheese, or croutons
- Added breading, creams, marinades, or sauces
- Added seasonings, fats, or oils
- Added pasta, rice, fish, meat, or poultry
- Ornamental or decorative vegetables (chili peppers or garlic on a string, gourds, Indian corn, or pumpkins)
- Diced potatoes, french fries, hash brown patties, potato rounds, shredded hash browns, or tator tots with added fats, oils, seasonings, or sugars*

*Added sugars include: corn syrup, dextrose, high-fructose corn syrup, honey, maltose, maple syrup, and sucrose.



Infant Food

Infant Cereals

Allowed:

- 8 or 16 oz container, dry, plain

Not Allowed:

- Added DHA/ARA
- Added cinnamon, dried fruit, nuts, yogurt
- Organic



Multigrain, Oatmeal,
Rice



Gerber

Barley, Multigrain, Oatmeal, Rice,
Whole Wheat

Infant Fruit and Vegetables

Allowed:

- 4 oz container or 2 pack of 4 oz containers
- Any fruit or mixed fruit
- Any mixed fruit and vegetable
- Any vegetable or mixed vegetable

Not Allowed:

- Added DHA/ARA
- Added sugar, salt, flour
- Added cereal, grains, rice
- Added seasonings or cinnamon
- Dinners or added meats
- Pasta or meat
- Organic
- Pouches



Gerber



Fresh Fruit and Vegetables

- Fresh fruit and vegetables are allowed for infants if issued.

Infant Formula

- Quantity, brand, type, and size as issued.

For Fully Breastfeeding Infants

Infant Meats

Allowed:

- 2.5 oz container

Not Allowed:

- Added DHA/ARA
- Dinners
- Meat and fruit combination
- Meat and vegetable combination
- Organic



Infant meats are an extra benefit for fully breastfed infants.

For Fully Breastfeeding Mothers

Light Tuna

Allowed:

- 5 oz can
- Any brand
- Chunk, solid, grated
- Low sodium
- Water packed

Not Allowed:

- Multiple packs
- Added flavor, seasonings, sauce
- Foil pouches
- Individual serving containers
- White or albacore tuna



Salmon

Allowed:

- 5 oz can
- Any brand
- Pink salmon
- Water packed

Not Allowed:

- Multiple packs
- Added flavoring, seasonings, sauce
- Foil pouches
- Smoked

Sardines

Allowed:

- 3.75 oz can
- Any brand
- Tomato or mustard sauce
- Water packed

Not Allowed:

- Added flavors or seasonings, other than tomato or mustard sauce
- Fish steaks
- Foil pouches
- Individual serving containers
- Smoked



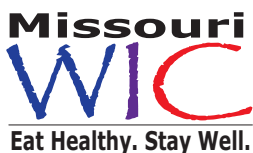
MOOove to 1% Milk and/or Skim Milk!

- Skim milk has no fat.
- 1% milk is the next healthiest choice. It has only 30% of the fat in whole milk and still has the same flavor. It's a good step on your way to skim milk.
- 1% and skim milk have more calcium and are the healthiest choices for everyone over the age of 2 years.



Milk Comparison (1 cup/8 oz)	Whole Milk (3.25%)	Reduced Fat Milk (2%)	Low Fat Milk (1%)	Skim Milk
Calories	149	122	102	83
Total Fat (gm)	8	5	2.5	0
Saturated Fat (gm)	4.5	3	1.5	0
Protein (gm)	8	8	8	8
Calcium (mg)	276	293	305	299
Vitamin D (IU)	124	120	117	115

Reference: National Nutrient Database for Standard Reference Release 26



Missouri Department of Health and Senior Services WIC and Nutrition Services

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